



# SELF-ADVOCACY NEWSLETTER

**Merrick, Inc.**



## DAY AT COURT

On October 17th, Self-Advocates in Minnesota were invited to the United States District Court for the District of Minnesota by the Honorable Judge Donovan Frank for a full day of panels, tours, experiencing the Justice and Democracy Center, and a catered lunch. The Law Enforcement Panel included agents from ATF (explosives) including ATF trained dogs, FBI, DEA, US Marshals, and the St. Paul Police Department. The afternoon session included a panel of lawyers who specialize in disability rights. The Justice and Democracy Center, located inside the Federal Courthouse, is a gallery containing a brief history of law and civic duty in the United States. Advocates were encouraged to dress in Judge's robes and sit in the Jury box. (see photographs on page 2)

## JUDGE FRANK'S OFFICE

Before lunch, Advocates were directed to have a moment in Judge Frank's quarters. Judge Frank welcomed everyone to browse memorabilia of his involvement in disability rights over the decades displayed throughout his office.



## Court Photographs (Cont.)



## Empower! Lunch



The Empower! Lunch is an annual event to raise funds for Merrick's Life Enrichment program. Guests were highly encouraged to donate after enjoying their meals and a presentation by guest speaker and artist, Cadex Herrera.

Merrick Self-Advocates were also present from the Enhanced, Utility, and Life Enrichment programs. David and Brian, two self-advocates (pictured below), spontaneously shared their gratitude for the turn-out and continued support.



## **AMPLIFIED VOICES**

I feel powerful when other people are having a bad day, and I help them out.

If I can't, I let it go.

-Cindy O.

My dream life would be like Peter Brady, because he likes to talk in his dreams.

-Angie M.

The thing I am looking forward to the most next year is getting my 20 year award.

-Jill S.

## **COLLAGE MOMENT**



***Future Trips*** -Kay R..

### **Reflection Corner**

Q: Have you had a chance to help someone recently. If so, how did that make you feel?

A: I donated toys for Christmas to give to families in need. It made me happy. -David L.

Q: What did you enjoy the most this year?

A: Time with my sister, and memorizing things! -Ed H.

A: Shopping -Sherry R. & Kristina F.

Q: What made you laugh or smile today?

A: Friends -Melanie S.

A: Funny people! -Sherry R.

A: Music -David B.

A: Seeing others smiling and having fun.-Ed H.

## Building Relationships Word Search

P R K U P L I F T O N D H Z V  
G N I D N A T S R E D N U Y P  
B I N T E C J N Z L O G Y S R  
O H D S V E R S G R X E S U O  
U G N C E O W E O M U N O P G  
N E E E R L O V E D O N E S R  
D W S M P V F Y L T A E P O E  
A V S P M T T C S W F O C U S  
R O F A L F I L A M R N T T P  
I T I T F O R M A R I O N S E  
E E C H S E F M L E E D A W C  
S A F Y I R M A T I N N X M T  
E C B G R A T I T U D E D E E  
Y C O M F O R T N C S S I F S  
A C T I V E L I S T E N I N G

Respect

Friends

Self-Care

Boundaries

Understanding

Active Listening

Focus

Gratitude

Uplift

Comfort

Empathy

Loved Ones